

Myth Busting - Autism

1



Paracetamol causes Autism

Despite recent claims that paracetamol (Tylenol in the US) can cause autism, there is no scientific link between the two. A study, published in 2024 in Sweden, of 2.5 million births and the effects of paracetamol use during pregnancy showed no link between the drug and an increase in the likelihood of autism

2



Vaccines and their ingredients causes Autism

There is no scientific link between vaccines, their ingredients and Autism. This myth originated from a 1998 study by Andrew Wakefield. Investigations proved that this was incorrect and multiple examples of ethical violations, manipulated data and conflicts of interest were found in Wakefield's study.

3



Certain diets and foods can cause Autism

There is no evidence that certain diets or foods can cause Autism, nor is there evidence that certain diets can cure Autism. Whilst having a good diet is healthy for us and improves wellbeing, autism is a lifelong neurodevelopmental difference and eating differently or avoiding foods will not change that.

4



Autism can be cured

There's no cure for autism. Autism is something you are born with and is life long. Though some people may struggle in certain areas like social difficulties or sensory problems, there are lots of support networks and different therapies that can help.

5



Autism prevents people from feeling emotions or empathy

This is a stereotype that's been brought on by observations on how someone on the spectrum may interact differently to neurotypical people. They do feel emotions, some may feel them very deeply. Others may struggle identifying emotions or mask their emotions, but the emotions are still there, just like everyone else.